
NEW SERIES No. 1.

::

ENTIRELY REVISED.



CLEMENTS TONIC COOKERY BOOK

Pass it along!

If you already have a
copy of this edition
please pass it along
to some friend whom
you think it will
interest

These cookery books entail much
time and expense to produce so
we feel sure you will appreciate
its value

CLEMENTS TONIC LTD., ROZELLE, N.S.W.

The Meal Problem

THE average housewife prepares 1095 meals per year. Therefore this little book is published to assist you in preparing inexpensive dishes that will prove a welcome change for jaded appetites

In this book you will also find a selection of unsolicited testimonials. They make interesting reading. Show them to any of your friends that are sceptical regarding the benefit to be derived from Clements Tonic



Soups and Broths

CONSOMME A L'ITALIENNE.

Take 1 quart stock, 2 onions, 1 bunch herbs, 1 oz. flour, 1 oz. dripping, 2 ozs. macaroni, salt and pepper if necessary.

Peel vegetables and cut up roughly, melt dripping, fry vegetables without burning, add flour, brown that, add stock and seasoning, soak macaroni for $\frac{1}{2}$ an hour, put it in plenty of boiling salted water, and boil 20 minutes, strain it, cut into small pieces, strain soup, skim fat off, return to saucepan, with macaroni, and cook $\frac{1}{4}$ of an hour longer.

SIMLA SOUP.

Two quarts stock, 2 apples, 1 oz. dripping, 2 ozs. rice, 2 onions, juice of $\frac{1}{2}$ lemon, 2 table-spoonfuls curry powder, 1 table-spoon sugar.

Peel and chop up onions and apples, make fat hot, fry onion till brown, add curry powder and flour, stir well over fire, add apple and stock, simmer 1 hour, rub through a sieve, return to saucepan, add lemon juice and sugar; boil rice as for curry; serve in soup.

PUREE OF TOMATOES.

Take 3 pints stock, 1 doz. medium-sized tomatoes, 1 oz. bacon, an onion, bunch of herbs, 6 pep-

percorns, $1\frac{1}{2}$ ozs. sago or tapioca, 1 oz. dripping.

Method.—Soak tapioca 1 hour in water, wash and dry tomatoes, slice roughly, peel and chop. Make fat hot, fry tomatoes, bacon, onion, herbs, peppercorns, 10 minutes, add 1 pint water, and boil for 45 minutes, then rub through a sieve, pour into large saucepan, add stock, bring to a boil, add tapioca, boil till clear, season with salt and pepper if necessary.

RABBIT SOUP.

To about 2 quarts liquor, in which a rabbit has been boiled, add 1 teacupful rice, 1 cup milk, 1 onion, salt and pepper to taste, 1 oz. butter.

Peel and wash onions, chop finely, put them into the liquor with salt, pepper and butter, simmer till tender; then add rice, and cook for about $\frac{1}{2}$ an hour longer, add milk, just allow it to come to the boil. Sprinkle in chopped parsley, and serve.

SUFFOLK SOUP.

Take $1\frac{1}{2}$ lbs. neck mutton, 4 medium-sized potatoes, 1 large carrot, 2 onions, $\frac{1}{4}$ lb. rice, salt and pepper, $2\frac{1}{2}$ quarts water.

Cut mutton into small pieces, put it into a saucepan with salt and water, bring slowly to a boil, then skim it, add finely chopped

onions, also potatoes cut into small dice and grated carrot. Cook gently for about 1½ hours, add rice, and simmer gently half an hour longer; skim well and season with pepper and salt.

TOMATO SOUP.

Boil 1 lb. of tomatoes and ½ lb. of onions in 1 quart of water for 1 hour, press through wire sieve and add 1 pint of milk, according to quantity of soup required. Then thicken with corn-

flour, and 1 tablespoonful of butter. Serve with dry toast.

MULLIGATAWNY SOUP

Prepare gravy with the course parts of a fowl, or rabbit, strain off clear two hours before dinner, dry the remainder of the fowl or rabbit, cut into pieces, add a finely sliced onion, one and a-half dessertspoonfuls of vinegar, and a little ketchup. Mix all smoothly together, and simmer till dinner time. Serve with rice.

Fish Dishes

STEAMED FISH.

Take a mullet or bream, skin and fillet it, wash in salt and water, to which has been added a little vinegar or lemon juice; wipe dry, cut into fillet shapes or halves, place in a greased pie-dish, sprinkle salt, cayenne, and lemon juice over, cover with well greased paper, stand in a tin of water, and steam 10 to 12 minutes. Lift on to a hot dish; have sauce ready; add to it the salt, cayenne, and lemon juice. Pour carefully over the fish and serve hot.

SALMON CAKES.

Open a tin of salmon, strain liquor off, and break fish up with a fork, add four cold washed potatoes, parsley, lemon juice, salt, and pepper, moisten with salmon liquor if necessary, make into

round cakes on a floured board, dip into egg and bread-crumbs, batter and fry. Serve hot—with boiled potatoes, if preferred.

BAKED SALMON.

When unable to get fresh fish, take a tin of salmon, remove bones, mash four cold potatoes, mix in salmon, add half teaspoon anchovy sauce, salt, pepper and lemon juice to taste. Turn into a hot greased pie-dish, smooth over top, and glaze with milk. Bake in moderate oven 20 minutes.

SARDINES ON TOAST.

Open a tin of sardines and drain off the oil. Toast thick slices of bread and spread with butter. Bone the sardines and put three or four on each slice of toast, cover with white sauce and serve hot.

West Brunswick Resident Expresses Satisfaction

Perrett Street,
West Brunswick, Vic.

Messrs. Clements Tonic Ltd.
Sydney.

Dear Sir,—I should like to tell you how pleased I am with Clements Tonic. For over nine months I suffered with hives, and although medically treated I did not get relief and went to a skin specialist, but with no better results.

I was real run-down in body and nerves so thought of giving your Tonic a try. I have taken two bottles and am now on the third, and feel a different woman. The hives have left me and my nerves are much better. My little daughter has also taken Clements Tonic with good results.

My husband, being a returned soldier, suffers from his nerves very badly at times. I got him to try the Tonic; he has taken half a bottle and says he feels better.

I would like you to publish this for the benefit of others.

Yours truly,
(Sgd.) Mrs. AMELIA LOUBY.

"A good woman rejoiceth in telling her neighbours of the good things she hath" so runs an old proverb, and the above letter proves it.

Tasty Breakfast Dishes

COLD MEAT FRITTERS.

Lay slices of cold meat on dish, sprinkle with a finely chopped onion, little lemon juice, chopped parsley and salt and pepper to taste; stand $\frac{1}{2}$ an hour, then dip sliced meat in batter and fry in hot fat, drain and serve garnished with parsley.

ANCHOVY EGGS

Take 2 eggs, 2 slices toasted bread, 1 oz. butter, anchovy paste, salt and pepper to taste. Toast bread, and while very hot spread on anchovy; make butter quite hot, break eggs into it, add salt and pepper, stir quickly until a soft frothy mass; heap quickly on toast, and serve at once.

RAMEKINS.

With 2 ozs. of grated cheese mix 1 tablespoonful of flour. Mix together 2 ozs. of melted butter, 2 tablespoonfuls of cream, 2 well-beaten eggs, and a little cayenne pepper. Mix all together, and bake in small buttered tins for 15 minutes.

EGGS A LA NORWAY.

Boil 4 eggs hard, cut in halves, scoop out yolk and mash yolks well with four or five sardines,

chopped parsley, and salt and pepper to taste. Fill each half white of eggs with the mixture. Sprinkle with little chopped parsley, stand between two soup plates over saucepan of boiling water till thoroughly heated and serve.

YORK POTATO CAKES.

Mash $\frac{1}{2}$ pound cold boiled potatoes, mix with $\frac{1}{4}$ lb. flour in which butter has been rubbed, add salt and pepper to taste, moisten with sufficient milk to hold together, press well, roll out on floured board, cut into shapes and fry in hot fat. Serve with slice of grilled or fried bacon.

TOMATO FARCIES.

Take $\frac{1}{2}$ dozen tomatoes, 2 table-spoons finely chopped cold meat, 2 table-spoons breadcrumbs, piece butter, dessertspoon chopped parsley, dessertspoon finely chopped onion, salt and pepper. Cut tops nearly off tomatoes, and scoop out centres, mix meat with other ingredients, add 2 table-spoons tomato pulp, fill tomatoes, sprinkle breadcrumbs over top, put small pieces butter into each, cover with tops, and cook in a moderately hot oven about 10 minutes. Serve hot.

Have You Tried It With Soda Water?

Many people have acquired the taste for Clements Tonic with Soda Water. It is stimulating and refreshing after a tiring shopping tour or strenuous business engagement.

Have it at home, at business or at the soda-fountain.

There is no alcohol or narcotics in CLEMENTS TONIC. Its nourishing ingredients are excellent for the nerves and blood. Try it! You'll experience prompt relief from insomnia, neurasthenia, lassitude, anaemia, and similar ailments.

Moreover, remember that Clements Tonic has maintained a steadily increasing sale over a period of thirty years. That alone is convincing proof that it fulfils its advertised claims.

Simple Luncheon or Dinner Dishes

CASSEROLE OF BEEF.

Required: Two cupfuls of boiled rice, same quantity of thinly sliced beef, or mutton, 2 onions, 1 cupful of gravy, some chopped parsley, butter, salt and pepper. Grease a casserole or pie-dish, put in a layer of rice, then some thin slices of meat and onion in thin rings, season with salt, pepper and parsley. continue till all is used, having rice for top layer; add gravy, cover with greased paper, and bake in moderate oven 45 to 50 minutes. Serve from casserole or pie-dish.

SUPREME OF CHICKEN.

Take a young fowl, 1 small onion, $1\frac{1}{2}$ ozs. butter, $1\frac{1}{2}$ ozs. flour, $1\frac{1}{2}$ pints white stock, clove, few peppercorns, 1 tablespoon cream, yolks of eggs, and juice $\frac{1}{2}$ lemon.

Divide chicken into joints, stew in stock with onion and seasoning until tender. Lift out, pile on hot dish, keep hot, strain stock, melt butter, add flour, and cook well; add strained stock; stir until it boils and thickens. Beat egg and cream together, pour sauce gradually on them, stirring well. Return to saucepan, cook without boiling, add lemon juice and any seasoning necessary; pour over the fowl.

FRICASSE OF RABBIT.

Wash a rabbit well in warm water, dry it, cut into joints, dip them in 1 oz. flour, salt and pepper, make dripping hot, and fry them. Peel and chop 2 onions finely, fry them brown in the same fat, add remainder of flour, and when brown add 2 cups stock; stir till it boils, add spices and fried rabbit, and simmer gently 1 hour. Lift out rabbit on to a hot dish, strain gravy over it, have ready some thin slices of lemon.

ROLLED BREAST OF MUTTON.

Bone 3 or 4 lbs. of mutton, brush it over with beaten egg, cover with veal seasoning, roll up, tie firmly, put into a saucepan, add stock to barely cover, and simmer gently for $1\frac{1}{2}$ hours. Lift out, strain stock and skim. Melt the butter, cook 1 oz. of flour, and brown well, add the stock, stir until it boils and thickens, add a little sauce, and strain over the mutton.

OX TAIL AND WALNUTS.

Method: Wash and dry an ox-tail, cut it into pieces at the joints, remove unnecessary fat, peel and slice an onion, put them into saucepan with the

A Prominent Sydney Citizen Says We May Publish This:

Messrs. Clements Tonic Ltd.
Sydney.

Gentlemen,—

The strenuous life I lead as a professional teacher induced an attack of neurasthenia and nervous debility, and having heard very good accounts of Clements Tonic, I was induced to try it, and it is only right that I should tell you that the tonic has been very beneficial.

After a course I have pleasure in saying that the stimulating properties of the medicine have substantiated all the statements made in its favour. Suffering as I did from sleeplessness, the effect of Clements Tonic upon my nerves was excellent and restored me to complete normal health. It is an excellent medicine, and I shall be quite willing that you use this testimonial in any way that you so desire.

Yours faithfully,

(Sgd.) WALTER BENTLEY.

Young Street,
Sydney, N.S.W.

As a teacher of elocution and dramatic art, Mr. Walter Bentley is well-known throughout the Commonwealth, consequently we feel privileged in being permitted to print this testimonial.

CLEMENTS TONIC LTD.

cloves, salt, pepper, and sugar, just cover with water (about 1½ pints), bring slowly to a boil, skim well, simmer gently for 2 to 2½ hours, cut six pickled walnuts into small pieces, add and simmer for ½ an hour longer, blend 1 oz. of flour, stir it in and cook well for about 5 minutes.

SAVOURY TRIPE.

Take 1½ lbs. of tripe, wash and blanch it while hot, rub all over with the garlic, and cut into pieces about 2 inches square. Cut 2 carrots, 1 turnip and 2 onions into small dice, chop ½ lb. bacon finely. Heat a large pie-dish, rub all over with garlic, arrange slices of tripe, vegetables, and bacon in alternate layers, seasoning, cayenne and very little salt, add 1 pint stock, cover with greased paper, and bake in a very moderate oven for 2½ hours.

ad simple luncheon dishes

KIDNEYS La DIABLE.

Take six sheep's kidneys, 12 slices of bacon, cayenne, salt, a teaspoon of chopped parsley, and 6 slices of toast. Cut each kidney in halves lengthways and roll in a slice of fat bacon. Sprinkle freely with cayenne, pack tightly together in a small pie-dish, scatter the parsley over, and bake for twenty minutes in a fast oven. Place two pieces on each piece of toast and serve.

RABBIT PATTIES.

Mince about 8 ozs. of cold

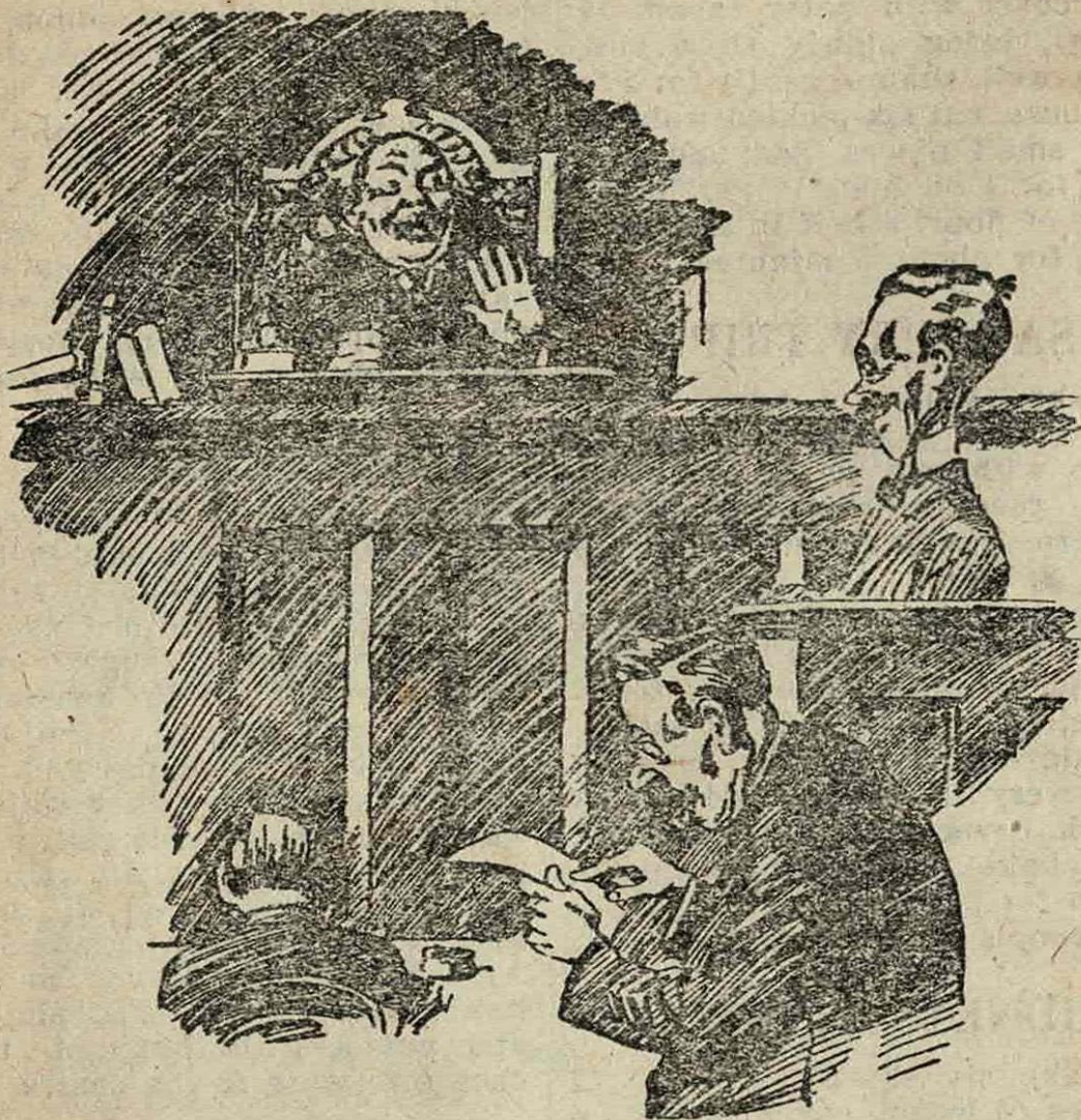
cooked rabbit, add a small part-boiled finely chopped onion, 2 teaspoonfuls of chopped parsley, salt and pepper to taste, and enough white sauce to make it moist. Line patty-pans with pastry, and bake in the oven. Heat the mince carefully in a double saucepan, and when the patty cases are ready fill with mince. Sprinkle a little chopped parsley on top, and serve hot.

CHEESE SALAD.

Half a pound of stale cheese, one lettuce, yolk of a hard-boiled egg, one tablespoonful of salad oil, one tablespoonful of vinegar, one teaspoonful of sugar, one teaspoonful of made mustard, add salt and pepper. Put the oil in a basin with the yolk of egg, work them together with a wooden spoon, add the salt, pepper, mustard and sugar. Grate the cheese finely, add it, and, lastly add the vinegar gradually. Arrange lettuce leaves as a border round some small plates, and put a little heap of the cheese mixture in the centre.

CREAM CHEESE.

Make it yourself this way: Set a pint of milk in a warm place and when quite thick and sour turn it into a piece of muslin, tie up loosely and hang it up to drain for several hours. When drained of the whey tighten the muslin round the curd as much as possible and press between two plats for an hour. A small cream cheese of delicious flavour is the result.



THE SERGEANT: "The defendant is charged, your worship, with taking six bottles of Clements Tonic"

THE MAGISTRATE: "Tut-tut! I've often taken a bottle or more myself." (Case dismissed)

Roasting and Boiling

The average housewife can generally roast or boil an ordinary joint. At the same time the following hints may be useful.

To Roast Beef satisfactorily have the oven thoroughly hot at starting; shut up the ventilating side of your oven at starting if there is one, thus keeping the heat in. Have a stand in the dish to keep the roast off the bottom of the tin (to allow the dripping flow freely beneath), and baste the joint about four times per hour and do this quickly, and occasionally turn the joint over to prevent one side being baked more than the other. As to the time allowed, about fifteen minutes to each pound is usual, or a little more if the joint is extra fat.

Roasting Mutton.—The same system that applies to roast beef applies to the cooking of a leg, loin or shoulder of lamb or mutton.

Pork or Veal.—Take a little longer to roast, as the meat is close grained.

Fowls, Ducks, Geese.—A good-sized bird should not (if the seasoning is warmed before placing it in) take more than $1\frac{1}{2}$ hours to roast well. If it is an old bird steam it about 45 minutes before roasting. Always be careful when roasting poultry to baste well otherwise the tender skin

will burn. A clear steady heat is necessary.

Roast Rabbit, when stuffed with ordinary seasoning and properly cooked will be as tender as chicken.

The time allowed for a pair of ordinary rabbits is about an hour to an hour and a-half. Baste well with butter or dripping when roasting, and be careful they do not burn. The oven must have a clear and even heat.

Boiling a Joint requires care. Any joint will be spoiled if the water is allowed to boil fiercely from the start. Like in cooking fish, the water should be brought to the boil and then allowed to simmer at almost boiling point, a certain even temperature of heat is guaranteed, the meat is thus cooked well and thoroughly to the bone, yet tenderly. Fierce, sudden boiling heat only toughens the meat.

Allow 15 minutes to every pound when boiling fresh meat.

Poultry should be placed in boiling water, let it boil for a few minutes then simmer gently $\frac{1}{2}$ hour to $1\frac{1}{2}$ hours, according to size of bird.

Pickled Pork.—Wash it well and always boil it with the skin side on top. Do not let the water boil fiercely. Six pounds of pork

A Brisbane Lady Could Not Eat for Two Years

After spending a considerable amount of money endeavouring to get relief, a Brisbane lady writes:

"Victoria,"
Cr. Blackall Terrace and Cairns St.,
Brisbane.

Messrs. Clements Tonic, Ltd.,
Sydney.

Dear Sir,—

As a sufferer from a nervous breakdown for the last two years, I have at last found relief by the aid of your tonic. I had unsuccessfully tried many medicines and was advised to give Clements Tonic a trial. After the first bottle I could feel the difference; I could not eat, but now enjoy my meals. I will never be without a bottle in the house in future, and will recommend it to anyone in poor health.

Yours respectfully,
(Sgd.) Mrs. R. W. SMITH.

You may see the original letter in our Sydney office at any time you wish to call.

Most people have acquired the habit of taking Clements Tonic with soda water between meals. Have you tried it? It's a refreshing pick-me-up!

will take about two and a-half hours, and three pounds about a little less than an hour. Always keep the water well skimmed.

Tripe should be well cleaned and washed. Boil it from 2½ to 3 hours, with ½ dozen onions.

Remove the latter and serve separately. Before serving the tripe strain off the liquor and pour over it a cup and a-half of milk with an ounce of melted butter, a little salt, pepper and

lemon sliced. Boil for about 10 minutes and serve hot.

Steamed Bacon.—Wash well and scrape. Put it in a steamer over boiling water, place on the fire and cook till the bacon is done. Allow about 40 minutes to each pound.

When cooked peel off the skin and sprinkle thickly with browned breadcrumbs. This is a far superior way to boiling.

Puddings, Pies and Pastry

PRINCESS PUDDING.

Required: 4 ozs. flour, 3 ozs. sugar, 3 ozs. butter, 2 eggs, 1 teaspoon vanilla, ½ teaspoon baking powder. Work butter to a cream, add sugar gradually, then beaten eggs and essence, and lastly flour and baking powder (sifted); pour mixture into a well-greased mould and steam 1½ to 2 hours. Serve with sweet sauce.

DOUGH NUTS.

Take 1 lb. selfraising flour, 1 oz. butter, 1 egg, 1 oz. sugar, small cup milk. Rub the butter into the flour and add the sugar. Beat the egg and add the milk to this. Mix all to a dough. Turn out and roll lightly. Shape into small rings and fry these in boiling fat. Drain thoroughly and roll in powdered sugar.

CHILDREN'S PUDDING.

Mix ½ oz. cornflour with ½ pint milk, a lump of sugar, and a pinch of salt. Boil for eight minutes (stirring in all the time) and then add 1 egg well beaten. Mix thoroughly, pour into a buttered cup, tie up in a cloth, and again boil for about 10 minutes. Serve hot.

BANANA CREAM.

Take 6 bananas, sugar to taste, 1 lemon, ½ pint custard.

Mode: Skin the fruit and cut in slices; place in a glass dish; squeeze the lemon over it and a little sugar. Pour over them the boiled custard. Of course, where cream is obtainable it is much nicer than custard.

A Teacher of Dancing Relates Her Experience.

Just as this book was going to press we received the following letter—quite unsolicited:—

Pekin Ball Room,
250 Pitt Street,
Sydney.

The Manager,
Messrs. Clements Tonic Ltd.,
Sydney.

Dear Sir,—

I feel I would be doing less than my duty if I did not write to you and tell you of the wonderful result your Tonic has effected in my health.

I was on the verge of a nervous breakdown, but thanks to Clements Tonic I am enabled to follow my calling as Dancing Teacher, and am once again restored to perfect health.

Yours very sincerely,
(Sgd.) Miss MOLLIE MERRITT.

Miss Merritt's letter is typical of hundreds that are available for your inspection at any time you wish to see them in our Sydney office.

Recommend Clements Tonic to your friends.

CANTON PUDDING.

Take $1\frac{1}{2}$ cups of flour, 2 table-spoonfuls each of sugar, butter, and treacle, 1 teaspoonful ginger, 1 teaspoonful carbonate of soda, a pinch of salt and spice. Mix well with little milk; steam in a buttered mould for $2\frac{1}{2}$ hours. Serve with custard.

PARISIAN PANCAKE.

Take 1 oz. of butter, 1 oz. castor sugar, 1 egg, 1 oz. flour, $\frac{1}{2}$ pint of milk, a little jam. Put butter and sugar in a basin and beat to a soft cream. add the beaten egg and beat it well in; then add the flour lightly, and, lastly, the milk, which should be just luke-warm. Beat the mixture well, pour it into some well-buttered saucers (they should be three-parts full). Bake them in a quick oven until set and pale brown; turn on to a piece of sugared paper, spread a little jam on one half, fold over the other half, and serve immediately on a hot dish.

MOCHA CAKE.

Sift a teaspoon each of salt, cinnamon and cloves with $1\frac{1}{2}$ breakfast cups of flour. Cream a cup of sugar with half a cup of butter. Add half a cup of treacle. Beat well. Add alternately flour and a cup of cold strong coffee in which a teaspoon of carbonate of soda has been dissolved. Beat all thoroughly before turning into a paper-lined tin. Bake in a quick oven.

CEYLON CAKE.

Take $1\frac{1}{2}$ cups flour, one cup sugar, 4 ozs. butter, two eggs, 1 teaspoon baking powder, and a little essence of lemon. Beat the butter and sugar to a cream; add the eggs well beaten, then the other ingredients, bake in two small sandwich tins. When the cakes are nearly cold, add this icing. Half cup sifted icing sugar, one dessertspoon butter, and one dessertspoon of powdered cinnamon. Mix with half a beaten egg, spread on the cakes, and leave in a cool oven to dry.

HOT OVEN.

Always have a brisk fire and a hot oven ready for pastry, otherwise heavy pastry will result.

SHORT CRUST FOR TARTS.

Rub 5 ozs. of butter into $\frac{1}{2}$ lb. of flour, add one egg yolk and just enough water to make it into a rather firm paste. Work it until smooth with the hand, then cover and leave for one hour.

DRIPPING CRUST.

Take $\frac{3}{4}$ lb. of flour, 6 oz. of clarified dripping, a teaspoon of baking powder and pinch of salt. Put the flour into a basin. Rub the dripping into it with the tips of the fingers. Mix the salt and baking powder thoroughly with the flour and dripping, then add by degrees sufficient cold

Yes, the Men Have the Best of it!

They work 48 hours of the week—or is it 44? Anyway they do have more hours of ease, rest, and recreation than the women-folk. There is no 44 hour week for the average women; toiling from sunrise to bed-time, they keep going, and accordingly need the stimulus of a good tonic. **CLEMENTS TONIC** is particularly dependable because it does not contain alcohol or narcotics. It infuses energy, enriches the blood, and calms the nerves through nourishing medicinal ingredients. If you are feeling miserable through insomnia, anaemia, "nerves," impaired vitality or similar ailments seek relief **AND GET IT** with **CLEMENTS TONIC**.

Any chemist or storekeeper can supply **CLEMENTS TONIC**. Beware of "just as good" substitutes.

water to make a stiff paste. Turn out on a floured board, roll about a $\frac{1}{4}$ -in. thick for pies, always leaving a hole in the paste through which the steam from the meat or fruit may escape while it is cooking.

PRUNE PIE.

Cover a quantity of dried prunes with water and soak over night. In the morning drain, and place them in a dish lined with pie-crust. Sprinkle over four tablespoons of sugar and 1 tablespoon of lemon-juice. Cover with an upper crust, and bake in a moderately quick oven for 30 minutes. The moisture of the prunes should blend with the sugar and form a syrup. If the prunes are hard, they may require a little cooking before they are put in the pie.

PUMPKIN PIE.

To a pint of mashed boiled pumpkin allow $\frac{1}{2}$ cup of sugar, 1 oz. butter, 1 tablespoonful of brandy or sherry, juice of lemon and some grated nutmeg, and pinch of salt, mix well. Line a large plate with flaky pastry dough. Spread with plenty of pumpkin and cover with paste rolled thin; press edges together with a spoon, brush over with milk or egg. Bake $\frac{1}{2}$ an hour. Serve hot.

COCOANUT COOKIES.

Take 2 teaspoonfuls of desiccated cocoanut, 1 teacupful self-raising flour, 1 teacupful fine sugar, 1 egg, 1 oz. butter. Mix

dry ingredients together, rub in butter and egg well beaten, and mix with spoon to a stiff dough. Place in buttered tins and bake in hot oven for 15 minutes.

SHORT CAKES.

Mix lightly 6 ozs. flour, 6 ozs. sugar, 5 ozs. butter, 1 egg and pinch of salt. Roll out thin, cut into shapes and bake for 10 minutes in fairly quick oven.

SYLVIA SPONGE CAKES

Take 1 cup of flour, 1 cup of sugar, 1 teaspoonful baking powder, 1 teaspoonful butter, 3 eggs, pinch salt, and 4 tablespoonfuls boiling water. Beat the eggs and sugar together; add flour, baking powder, and salt (sifted together). Melt butter in water and add last of all. Pour mixture into greased patty pans and bake in moderately quick oven.

QUINCE JAM.

Slice as many quinces as are required, about half an inch thick. Remove the rinds and cores. Throw the sliced fruit into cold water with a little lemon juice, and put it into a saucepan, barely covering it with cold water. Cut the fruit again into half-inch squares. Put on the lid and let the fruit simmer very gently till tender, but not broken. In the meantime put the skins, cores, and a few quinces cut up in a saucepan on the fire, and stew gently and strain when tender. Measure the juice, and for each pint allow a pound of



"By cripes, Mary, you lookem white as a sheet, mine t'ink you wantem Clements Tonic!"

sugar. Put on the stove and let the sugar dissolve. Weigh the quince, allow an equal weight of sugar, and add it to the jelly. Cook all together till it hangs to the spoon.

LEMON CHEESE.

This makes a nice filling for sponge sandwiches or tartlets. Take $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. loaf sugar, 6 eggs, rind of 2 lemons and juice of three. Place all ingredients into a stewpan, first carefully straining the juice of lemon and grating rind. Keep stirring mixture over the fire until it thickens to the consistency of honey. If properly made it will keep for weeks in a jar.

ORANGE FROSTING.

Required: 1 teaspoonful of

cream, 1 cup of icing sugar, 1 tablespoon melted butter, half a teaspoonful of orange extract, pulp and finely grated rind of one orange. To the cream add the sugar slowly. Add orange pulp, rind extract, and melted butter. Beat until smooth, and spread on top of cake.

PLUM SAUCE.

Take six pounds dark plums, 1 lb. light brown sugar, 3 lbs. vinegar, one teaspoonful cayenne pepper, half-tablespoonful salt, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. allspice, and small handful of whole ginger, well bruised. Put all the ingredients into a preserving pan, bring them slowly to the boil, boil until the stones are quite free, then strain through a colander, bottle when cold and seal airtight.

Household Hints

After Laundering Wash Dresses, if they are hung on a wooden coat-hanger to dry they will keep their shape better.

To Keep a Bathing Cap in Good Condition, sprinkle talcum powder over it, inside and out, before putting it away. This will prevent it from sticking together or cracking where it is folded.

To Clean Hats.—Hydrogen peroxide diluted with an equal quantity of water will clean

white straw or panama hats. Apply with a cloth, wetting only a small space at a time, and dry with a clean cloth.

For Marking Underwear, it is well to use the cotton seam binding with folded edges, which can be bought reasonably in twelve-yard pieces. This material takes the indelible ink better than tape, and it can be applied more neatly.

Before Ironing Baby's Flannels, be sure to have them

For the Kidneys—try Fletcher's Pills

Do You Believe in the Psychic Power of Cats?

Miss Sylvia Bremer does. She believes that the feline species are possessed with psychic powers, or the ability to see into the future. But more important still, she believes in maintaining her physical welfare with the aid of **CLEMENTS TONIC**. Writing from her present home, the charming Australian actress says:—

“After a hard day’s work in the film studios I find that **CLEMENTS TONIC** soothes the irritated nerves, and gives me sound recuperative sleep. I could not wish for a more effective nerve and blood medicine.”

Thus, although across the sea, Miss Bremer avails herself of that popular Australian medicine **CLEMENTS TONIC**, which has for thirty years past been a positive boon to sufferers who sought relief from anaemia, impaired vitality, insomnia, debilitated nerves and similar ailments.

thoroughly dry. Then wet one yard of coarse cheesecloth, put it over the flannel and iron until the garment is dry. In this way the flannels may be kept looking like new.

When Cutting Out Clothing, the use of a warm iron will do away with the necessity of pins and weights on tissue paper patterns. Lay the pattern on the material and press it lightly with the warm iron. The pattern will cling to the cloth.

An Excellent Glass Towel is one of white cotton crepe. After it is washed, to remove the stiffness, it will be found to be absorbent, non-linty, and of a sufficiently rough surface to give a very brilliant polish to glassware. It also has the advantage over ordinary material of not wetting so easily, and of being extremely easy to wash.

Quick Laundry Work.—When you need a garment for immediate wear, wash and starch as usual, but instead of hanging it out to dry, lay it flat on a bath towel. Then, beginning at one end, roll the towel and garment with it as tightly as you can. In a short time the towel will absorb enough of the moisture so that the garment will be just right for ironing.

To Renovate Matting.—Fibre or cocoanut matting that is faded and worn off, but still too good to throw away, can be made to look almost like new. Scrub it and let it dry, then go over the entire surface with

green dyes, using a paint brush. A package of dye of the kind used for cotton materials will make a gallon, enough for one mat.

To Set Colours in new materials before washing, grate two medium sized potatoes as fine as possible. To the grated potato add one half-cup of vinegar and one-fourth cup of salt. Allow this mixture to stand for ten minutes, then add one gallon of rain water. Let the material or dresses soak in this for twenty minutes before washing. The colours are not only set by this method, but they are sun-proof against fading.

Shrink Linen Lace before making it up in a wash dress to avoid its puckering when the dress is laundered.

When Sprinkling Clothes that have become too dry for ironing, use warm water instead of cold. It penetrates more quickly than cold, and the ironing may be started sooner.

Cutting Thin Silk is a nerve-shattering task if it attempted on the ordinary polished table top. The silk will not draw or slip if the table is covered with felt or heavy rough material.

To Restore Pearl Buttons to their original brightness, first rub them with a little olive oil to take away the blurred look. Then sprinkle with nail powder and rub well with a chamoise skin.

Perspiration Stains on white dresses may be removed by

Mr. Edward Colls Writes from Fremantle:

Messrs. Clements Tonic Ltd.,
Sydney.

Dear Sir,—

I have no hesitation in praising the wonderful benefit I have derived from the use of Clements Tonic. I was a complete cripple; I had a stitch from the side of my left leg it used to affect my knee; and I would fall to the ground. I made up my mind to go to the East to see if I could be cured, when a gentleman said to me: "Try a bottle of Clements Tonic." I would do anything to get relief, so sent to Bradshaw's drapery firm and got a 5/- bottle. I drank half the bottle when the stitch left the knee. I have had seven bottles and I am now O.K.. Several people know how I got cured. I tell them to get Clements Tonic and take it according to the directions, and they will soon be cured. The manager at Bradshaw's told me there was a lot of customers taking Clements Tonic on since they saw what it had done for me. I recommend it to anyone with weak nerves. You can rely on me always doing my best to aid the future of Clements Tonic, and make use of this letter, it may benefit someone who suffered like me.

Yours faithfully,

(Sgd.) EDWARD COLLS.

Colls & Co.,
Baggage Agents,
36 Arundel Street,
Fremantle, West Australia.

first dampening the stain with a little lemon juice and then rubbing slightly between the fingers. After this, launder with soap and water.

Cotton Gloves Worn in Doing Housework are cooler and better in every way than old kid gloves. If bought especially for this purpose, a size larger than the size usually worn should be chosen.

Iron Rust May Be Removed from white dresses by rubbing the spot with a ripe tomato, covering it with salt, and letting it dry in the sunlight, and finally washing the garment in clear warm water.

To Relieve the Strain on Back and Feet When Ironing, have a tall stool on which to sit. You will be astonished at the amount of work that you can accomplish without feeling in the least tired.

Fruit Stains are bound to get on table linen, and they often are difficult to remove. If the spot is wet with a little camphor before the stain has been wet with water, it will entirely disappear when the article is laundered.

A Face Veil Need Not Be Discarded when it becomes limp and unsightly. Rinse in a quart of water in which has been dissolved one teaspoonful of gum arabic, shake lightly, and then press between heavy blankets or cotton flannel, and it will be as good as new.

Paint All Iron Hooks in the pantry, kitchen, or bathroom, and there will be no rust spots on clothes or towels hung on them. The hooks may be dipped in white enamel paint and allowed to dry thoroughly before they are put up if one has no brush with which to do the painting.

To Whiten Unbleached Muslin.—Soak overnight in clear, cold water. Wring from that water and put in a boiler of cold water, in which has been shaved one whole bar of pure laundry soap. Add one tablespoon of borax. Let the water heat gradually, then allow it to boil for ten or fifteen minutes. Hang the material out to dry without rinsing, and allow it to remain outdoors for two or three days and nights. Then wash it in the usual way.

When New Shoes Burn on the Bottom.—Slip a piece of thin paper in the bottom of the shoes and you will be much more comfortable.

To Remove Scorched Spots which have been made on white goods while ironing, rub over the spot a cloth dipped in diluted peroxide.

Ink or Shoe Polish Stains easily may be removed from cotton goods by immediately placing the stained material in fresh sweet milk and allowing it to remain there for an hour or two.

11 a.m. and 3 p.m.

Just about mid-way between meals you have probably experienced that "sinking" feeling, and rely on a cup of tea or other stimulants to buck you up. Why not follow the example of many business men and take **CLEMENTS TONIC WITH SODAWATER?** -

It infuses energising nutriment to the blood and drives out the fatiguing impurities that cause that slowing-up about eleven o'clock or three.

There is no alcohol or narcotics in **CLEMENTS TONIC**. It affords relief from anaemia, insomnia, neuritis, impaired vitality and similar ailments.

Keep a bottle in your office or at home. Taken with water or soda-water—either way—you'll find it pleasantly beneficial and invigorating.

"IT PUTS THE 'VITAL' INTO VITALITY."

To Stiffen Sheer Fabrics, such as chiffons or dimities or any goods that do not require starch, add three tablespoonfuls of sugar to the rinsing water and the material will regain its original crispness.

To Remove Machine Oil Spots.—When sewing white garments, keep a piece of chalk at hand, and if a drop of oil gets on the fabric rub it at once with the chalk. Leave the chalk on for a few minutes, then brush it out.

Hints for the Care of Lamps in week-end homes and in farm-houses. If a pinch of salt is added to the oil the light will be brighter, and if the wick is soaked in vinegar and then thoroughly dried before lighting, the lamp will burn clearly without smoking, even when it is turned low.

To Tint Lace a Soft Cream.—Put half a dozen Condry's crystals (permanganate of potash) into a cupful of water, stir till dissolved, and strain through muslin. Dip the lace into the liquor. It will come out purple but it will dry a pale, soft cream without the rusty yellow tinge so often seen.

To Wash White Silk.—Take lukewarm water, make it rather blue, and to each quart add two teaspoons pure ammonia. Use a good white soap. Rinse in water prepared the same way, roll up, iron on the wrong side with an iron not too hot, and the garment will look like new and never grow yellow.

Waterproof Matches.—A fact worth knowing is that matches can be made waterproof without injury by dropping them in very hot melted wax. Allow them to cool and they are ready for use. The wax does not interfere with their striking, and they are absolutely protected from dampness. It is well to remember this when camping trips are planned.

To Sew Lace on a Round Centrepiece.—Roll the lace edging as tightly as possible, and tie the roll with a string to keep it from unrolling. Then wet thoroughly just the edge of the lace which is to be sewn to the d'oiily, and leave it rolled up until it is perfectly dry. You will then find the edge shrunk so that it will fit the edge of the centrepiece, and it can be sewn on easily without any gathering.

It is easier to scale fish if they are first plunged into very hot (not boiling) water for a few seconds.

When peeling chokos fill a dish with cold water and hold the vegetable in the water. Your hands will not be stained and the choko skin peels easier.

A few tomato leaves placed in the meat-safe will keep flies away.

A mustard plaster made with white of egg will not blister the skin.

Stir the porridge with a flat egg whisk instead of with a spoon and the porridge will not go lumpy.

Miss Agnes G. Murphy

The well-known journalist and press-agent,
and founder of the Austral Salon, Melbourne,
writes:—

Lauriston Hall,
East Melbourne.

GENTLEMEN,—

"During tedious convalescence following a recent very serious illness, I one day remembered my old friend, 'CLEMENTS TONIC.' Before I had finished one bottle, my progress became very marked, and my recovery then hurried along by leaps and bounds. Great medical skill had saved my life, and CLEMENTS TONIC gave me the full capacity to enjoy it.

"I never fail to recommend the Tonic, which I consider one of Australia's greatest productions.

"Faithfully yours,

"(Sig.) AGNES G. MURPHY.

The above unsolicited letter emphasises the popularity of CLEMENTS TONIC, the excellent remedy which for over thirty years has been generally regarded as AUSTRALIA'S FAMILY MEDICINE. Try it! If you're feeling "run-down," nervy, irritable, call at the nearest chemist or store and purchase a bottle of CLEMENTS TONIC.

We Can't All Take a Holiday!

Just when we feel the need of a holiday many of us find that business or home duties demand attention.

• If you cannot get away for a change and rest, the next best thing to do is to take a reliable tonic—CLEMENTS TONIC. This excellent Australian remedy has won the appreciation of thousands. One city business woman recently wrote:—

“I really believe that Clements Tonic has been more beneficial to me than a month's holiday I recently spent at the seaside.”

Such are the unsolicited tributes to CLEMENTS TONIC which (while not claiming to be a cure-all), will undoubtedly prove a positive tonic to sufferers of weak nerves' lassitude, insomnia, anæmia and similar ailments. Buy a bottle of CLEMENTS TONIC now and take it for your Health's sake.



"Whoa! You bery libely to-day (*bump*)
Mine Tinkit (*bump*) you bin takem
Clements Tonic!"

Captain Andrew Lang, R.A.F.R., Relates What Happened When He Lost His Nerve.

Capt. Andrew Lang, R.A.F.R., holder of the World's Altitude Record, 30,500 feet, writes:—

"After my World's Altitude Record flight, in England, the strain, accentuated by the taking of oxygen, seriously effecting my nerves. They became very 'monkey.' However, I continued flying for a few months and then decided to come back to Australia. Upon my arrival here a bad re-action set in. . . . I felt I would never be well enough to fly again. A friend recommended CLEMENTS TONIC, and after a month's trial I felt totally different. In fact, I feel it is due to your excellent medicine that I am now able to continue my aviation career.

"(Signed) ANDREW LANG, Capt."

In every walk of life people are enjoying the benefits of CLEMENTS TONIC. Friends recommend it—maybe you will too!

Well-known Sydney Traveller Writes:

Hurlstone Park,
Sydney.

Messrs. Clements Tonic Ltd.

Dear Sirs,—In appreciation of the wonderful benefit derived from a course of Clements Tonic I write that others may learn of the merits of your invigorating medicine.

My business as an Advertising Salesman is very fatiguing and a big strain on the nerves and body, but Clements Tonic seems to restore the spent energy and keeps one fit for greater efforts.

You may use this testimonial as you think fit.

Yours cordially,

(Sgd.) CHAS. C. LOCKYER.

Maybe you also could recommend Clements Tonic to friends whom you know are seeking relief from their ailments.

Convalescence!

After Baby's arrival the happy mother will find nourishing stimulus, for the nerves and blood, in **CLEMENTS TONIC**.

Growing girls, subject to anaemia, are commended to take **CLEMENTS TONIC**. It infuses strength and richness into the blood and ensures robust health.

The business man recovering from illness, overwork or worry, will derive benefit from the medicinal ingredients of **CLEMENTS TONIC**. It builds up the devitalised blood and nerve centres.

There is no alcohol or opiates in **CLEMENTS TONIC**, and whilst it is not a panacea for all ills it has, for the past thirty years, proved its efficacy in relieving the blood and nerve ailments that, if neglected, invariably lead to a serious break-down.

Buy **CLEMENTS TONIC** from your local chemist or storekeeper and take it with water or soda-water—either way it is palatable and invigorating.

£4000 for a Smile!

A Kansas City jury recently awarded an accident victim £4000 because the face muscles that make a smile were paralysed permanently.

That jury put the value of a smile into terms of £ £ £'s. No other injury was suffered except plaintiff's ability to smile.

Yet here in the Commonwealth are many people nerve-wracked and over-wrought with worry, overwork or illness who have almost forgotten how to smile. Are you a sufferer? Don't let it get too far—

Take Clements Tonic and Smile.

Smile from the sheer enjoyment of good health, strength, and energy that CLEMENTS TONIC imparts. Why suffer another miserable hour with insomnia and similar ailments when CLEMENTS TONIC will assist you to regain normal health.

Fletcher's Pills

If your local chemist
or storekeeper is sold
out of these pills
send 1/3 in stamps to
Clements Tonic Ltd.
Rozelle, N.S.W., and
a box will be posted
to you

FLETCHER'S PILLS are
highly regarded for the relief of
liver and stomach disorders

NEW SERIES No. 1.

::

ENTIRELY REVISED.



CLEMENTS TONIC COOKERY BOOK
